

The Bulldog

Fall 2021 v.2

Tibor Rubin VA Medical Center Health Education Classes Catalog



Ringo (English Bulldog)

And our Guest Star, Wilbur (Jack Russell Terrier)

Need a COVID-19 or Flu Shot?

See pg. [3](#)

Get Connected with Whole Health pg. [5](#)

Feeling Creative?

Creative Arts and Humanities Programs pg. [19](#)



Get your
COVID-19
vaccine,
booster and flu
shot now!
562-826-5300



Scan for the
latest version of
the Bulldog!

Table of Contents

<u>3</u>	What to Know about COVID-19	<u>18</u>	Speech Pathology Services for Stroke and LSVT
<u>4</u>	Virtual Care Resources	<u>18</u>	Peer Support Resources
<u>5</u>	Whole Health and Wellness	<u>19</u>	Creative Arts and Humanities
<u>6</u>	Yoga	<u>20</u>	Caregiver Support Services
<u>6</u>	Healthy Cooking	<u>21</u>	Intimate Partner Violence Assistance Program
<u>7</u>	Primary Care Living Low Carb Diabetes	<u>22</u>	<u>Additional Resources</u> Veterans Benefits College Support Resources Community Resources
<u>8</u>	Sleep	<u>23</u>	Community Mental Health Legal Aid
<u>8</u>	Pain	<u>24</u>	Tips for Coping with Stress During COVID-19
<u>9</u>	Stress Management & Relaxation	<u>25</u>	Not Sure About Getting the COVID-19 Vaccine Right Away?
<u>10</u>	Quitting Tobacco	<u>26</u>	Important Phone Numbers
<u>10</u>	Weight Management		
<u>11-12</u>	Mental Health		
<u>13-14</u>	Posttraumatic Stress		
<u>14</u>	Women's Mental Health		
<u>15-16</u>	Substance Use		
<u>17</u>	Memory and Concentration		

*For **additions or changes** to the Bulldog, contact: Sonika Ung, Ph.D. at sonika.ung@va.gov

*Some clinics **do not** list their services in the Bulldog. Please ask your healthcare providers if they offer any additional services.



Schedule your COVID-19 vaccine or booster today!
562-826-5300

COVID-19 Key Information

- Call **562-826-5300** from 7:30 AM - 7:00 PM to schedule your COVID-19 vaccination or booster shot
- **Vaccination Center:** Bldg. 165 Learning Center - "The Egg"
- For **COVID-19 vaccine updates**, call **562-826-8000** and **Press 8**

COVID-19 VACCINATION

- COVID-19 Vaccines available to **enrolled Veterans and** those who qualify under the **SAVE LIVES Act** as supply and capacity permits.

COVID-19 BOOSTER SHOTS AVAILABLE

- Available by appointment only (**562-826-5300**)
- Please **bring you COVID-19 vaccine card** with you
- **Anyone** age 18 or older is **eligible to get a booster** who:
 - ✓ Completed the Moderna or Pfizer series at least 6 months ago
 - ✓ Received the Johnson & Johnson single dose at least 2 months ago
- "Mix and match" boosters allowed. VA offers Moderna and Johnson & Johnson vaccine booster doses.
- Yes, it is **safe** to get your COVID-19 and flu vaccine at the same time.

COVID-19 TESTING

Tibor Rubin VA Medical Center 5901 E. 7th St., Long Beach, CA 90822

- **WITH COVID-19 Symptoms:** Go to the COVID-19 screening tent by Bldg. 164 (near Primary Care building entrance)
- **With NO symptoms:** By appointment only. Please call **562-826-5151**



COVID Coach - free app for more resources!

<https://www.ptsd.va.gov/appvid/mobile/index.asp>

Not sure about getting the vaccine? See page [25](#).



Lab now located in lobby of Bldg. 126 **Hours:** 6:00 AM to 4:30 PM

Virtual Resources



Daily COVID-19 screening at entrances

Skip the line with this:

<https://www.va.gov/covid19screen/>



VA Long Beach Health Care System's VIP Experience: Health and Wellness Resource Center

<https://valongbeach.healthclips.com/>



My Health, My Care: 24/7 ^{Online} Access to VA

Myhealthvet

- Get access to refilling prescriptions, appointments, secure email to providers, and health records!

<https://www.myhealth.va.gov/mhv-portal-web/home>

- Ask your provider for Myhealthvet Premium **or** authenticate your own information through IDme.com or DS Logon. Learn how:

https://www.youtube.com/watch?v=87dt_z8LeRM)



VA Video Connect

- Meet with VA providers through live video on any device with internet.

<https://mobile.va.gov/app/va-video-connect>

- 24/7 Help Desk **(866) 651-3180**

- Trouble Shooting Tips:

<https://www.youtube.com/watch?v=edQ8XuU87D0&feature=youtu.be>



1. Introduction to Whole Health

2nd Thursday of the month
1:00 – 3:00 PM

To enroll: contact Zeta Amos at
562-826-8000 ext. 1-3210

VA Video Connect

Learn how to use your own strengths to improve your well-being with a focus on what is important to YOU using the Whole Health approach.

2. Taking Charge of My Life and Health

Mondays and Wednesdays
10:00 – 12:00 PM

To enroll: contact Zeta Amos at
562-826-8000 ext. 1-3210

VA Video Connect

Veterans explore their new Mission, Aspiration and Purpose, complete a Personal Health Inventory and create a Personal Health Plan on the pathway to Whole Health.

3. Whole Health Coaching, Personal Health Inventory

To enroll: contact Zeta Amos at
562-826-8000 ext. 1-3210 **or** ask
your provider to place a consult
for “Whole Health Coach Personal
Health Inventory (PHI)”

VA Video Connect

What matters most to you? Meet with a Health Coach to develop a Personalized Health Inventory (PHI) and begin your pathway to a healthier you.



Check out the free [Live Whole Health App](https://mobile.va.gov/app/live-whole-health)
<https://mobile.va.gov/app/live-whole-health>

4. Gateway to Healthy Living

1st Thursday of every month,
10:00-11:30 AM

To enroll: call Dr. Ung 562-269-9488
or call in! 1-404-397-1596

Entry Code: 1991681871##

Gateway focuses on what is most important to you. It gives you skills to manage roadblocks, change routines, commit to changes, and create realistic goals.

Whole Health and Wellness (Continued)

5. Women's THRIVE Group

Wednesday 9:00 – 11:00 AM

To enroll: Contact Laurie Rudisill,
562-826-5617

VA Video Connect (VVC)

A 14-week group for women Veterans that supports personal health planning, instruction, conversation, community-building, creative activities, home practice exercises.

Yoga



Be Physically Active

6. Yoga

- Mondays 8:30 – 9:30 AM
- Wednesdays 3:00 – 4:00 PM
- Thursdays (Women Only) 3:00-4:00 PM
- Fridays 9:00 – 10:00 AM

To enroll: request consult from your primary care team.

VA Video Connect

A 60-minute class for Veterans wanting to learn and practice gentle yoga.

Healthy Cooking



Eat Wisely

7. Virtual Healthy Teaching Kitchen

To enroll: Call Nutrition Dept. at
562-826-8000 ext. 1-6571 or 1-2045

Point of Contact: Kristen Wood,
MS, RD

VA Video Connect

Join us for a VA Video Connect hands-on cooking class! Increase your skills in the kitchen while learning to making healthy meals. Women-only cohorts available.

8. Free Healthy Recipes from VA Healthy Teaching Kitchen

<https://www.nutrition.va.gov/Recipes.asp>

Visit the [Healthy Teaching Kitchen YouTube Channel](#) for video recipes.

9. Living Low Carb Class

First two Mondays of the month at 2:00 PM, one-hour sessions*

To enroll (**required**): call 562-826-8000 ext. 1-4303

VA Video Connect

For healthier eating habits, weight loss or to lower blood sugar and triglycerides. Learn to identify and count carbs and use better choices for high carb items. Taught by a Diabetes Nurse Practitioner.

10. Pre-Diabetes/Diabetes Prevention Class

Last two Mondays of the month at 2:00 PM, one-hour sessions*

To enroll (**required**): call 562-826-8000 ext. 1-4303

VA Video Connect

For Veterans with Pre-Diabetes. Includes your diabetes related blood tests and proven ways to prevent or at least **delay** getting Type 2 Diabetes. Taught by a Diabetes Nurse Practitioner.

11. Diabetes Basic Training Class

First four Tuesdays of the month at 2:00 PM, one-hour sessions*

To enroll (**required**): call 562-826-8000 ext. 1-4303

VA Video Connect

For Veterans with Diabetes. Includes your diabetes related blood tests, what to eat, when to move, and how to take pills and insulin to lower your sugar. Taught by a Diabetes Nurse Practitioner.

12. Diabetes Wellness Group (Santa Fe Springs CBOC)

Mondays 11:00-12:00 PM, 6 weeks

To enroll: Ask provider for consult **or** call Dr. Sonika Ung at 562-269-9488.

VA Video Connect

Managing difficulty with motivation for lifestyle changes, and distress that is common among people who have diabetes.

Now that this class is virtual, Veterans from **any** VA Long Beach location can enroll!

*dates may vary due to holidays, etc.



13. Sleep Education Class

- 4th Monday 1:00 – 2:30 PM
- 1st Tuesday 1:00 - 2:30 PM
- 3rd Friday 1:00 - 2:30 PM

To enroll: Ask your Primary Care Provider (PCP) for a consult

VA Video Connect or VANTS Teleconference Line

A 90-minute class for Veterans wanting to learn ways to improve their sleep.

This class is **required** before enrolling in Cognitive Behavior Therapy for Insomnia (CBT-I).



[Check out the free Insomnia Coach app!](https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp)

https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp

14. Cognitive Behavior Therapy for Insomnia (CBT-I)

Dates/times of group appointments vary

To enroll: By consult only. Please contact your provider.

VA Video Connect

Sleep Education Class (above) is **required** before enrolling. This is a 6-week group therapy to manage insomnia.



[Use the free CBT-I Coach App in this class!](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)

https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp

Pain/Chronic Pain



15. Chronic Pain Management Class

1st and 3rd Wednesday from 9:00 – 11:00 AM

To enroll: Call Dr. Caroline Prouvost (714) 434-4666

VA Video Connect

A two-part class for Veterans wanting to better manage their pain.



16. Stress Management & Relaxation Group

Tuesdays 9:30 – 11:00 AM

(Long Beach, currently virtual)

Wednesdays 11:00 AM – 12:30 PM

(Santa Ana, currently virtual)

To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488

VA Video Connect

6- weeks long. For Veterans seeking ideas and help with stress management and relaxation. Now that we are virtual, Veterans from **any** VA Long Beach location can enroll!



[Check out the free Mindfulness Coach App!](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

17. Relaxation/Meditation Group

Thursdays 11:00 AM – 11:50 AM

To enroll: Contact Dr. Huang at 562-826-8000 ext.1-4384

VA Video Connect

Join to practice relaxation and meditation exercises.

18. Mantram Repetition for Rapid Relaxation (Long Beach)

Tuesdays 11:00-12:00 PM

Dates vary

To enroll: Ask provider to place a consult (location: Primary Care → PC Behavioral Health → Mantram Repetition for Relaxation)

6-weeks long. For Veterans to learn a technique to calm the mind, reduce unwanted emotions.

For more information call Gina DeOcampo, RN CCM 562-826-5527

19. Mantram Repetition for Rapid Relaxation (Santa Ana CBOC)

Tuesdays 3:00 – 4:00 PM

Dates vary

To enroll: call Dr. Messinides (562) 826-8000 ext. 13218

VA Video Connect

7-weeks long. For Veterans to learn a technique to calm the mind and handle stressful situations better. While virtual, Veterans from **any** VA Long Beach location can enroll!

Quitting Tobacco



Be Tobacco Free

20. Quitting Tobacco by Phone, Text, and Online

smokefree.gov Visit for information on how to quit and staying quit.

Quit VET A toll-free telephone smoking Quitline:
1-855-784-8838

Smokefree for Veterans Text VET to 47848 from mobile phone

Tips to Quit www.publichealth.va.gov/smoking



[Stay Quit Coach
Free VA App](https://mobile.va.gov/app/stay-quit-coach)



[QuitGuide
Free App](https://smokefree.gov/tools-tips/apps/quitguide)



[quitSTART
Free App](https://smokefree.gov/tools-tips/apps/quitstart)

<https://mobile.va.gov/app/stay-quit-coach>

<https://smokefree.gov/tools-tips/apps/quitguide>

<https://smokefree.gov/tools-tips/apps/quitstart>

Weight Management



Strive for a
Healthy Weight

21. MOVE! Weight Management – Introduction

Dates and times vary

To enroll: call (562) 826-8000
ext. 1-6571

VA Video Connect

For Veterans wanting to lose weight.

This class is required before the 7-week program listed below.

22. MOVE! Weight Management Class

Dates and times vary, one class per week, 7-weeks

To enroll: call 562-826-8000
extension 1-6571

VA Video Connect

For Veterans wanting to lose weight.

Please take Move! Weight Management-Introduction before enrolling in this class.



[MOVE! Coach
Free VA App](https://www.move.va.gov/movecoach.asp)

<https://www.move.va.gov/movecoach.asp>



23. Grief Support Group

1st and 3rd Fridays
11:00 – 12:00 PM

To enroll: call Dr. Lara Barbir
(562) 826-8000 ext. 1-5444

VA Video Connect

For Veterans who have experienced loss of a loved one. The goal of the group is to help Veterans find healthy ways to honor and incorporate grief in their lives.

24. Drop-In Mindfulness Group

2nd and 4th Fridays
11:00 – 12:00 PM

To enroll: call Dr. Lara Barbir
(562) 826-8000 ext. 1-5444

VA Video Connect

Learn sitting meditation techniques to help relieve stress, anxiety, depression, and/or pain.



[Mindfulness Coach App](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

25. BHIP Mindfulness-Based Stress Reduction Group

Fridays 8:00 – 10:50 AM, 10 weeks long, 1 all day session near the end of group

To enroll: ask your Mental Health Provider to place a BHIP Psychotherapy Consult for “BHIP MBSR group with Dr. Fayazmanesh”

VA Video Connect

For Veterans currently in treatment in the Outpatient Mental Health Clinic **only**. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.

26. Veterans Crisis Management Group

Mondays 6:00 – 8:00 PM

To enroll: call Dr. Foster (562) 583-9620

In-person, masks required: Building 128, 2nd floor, Day Treatment PRC room- in L section

This in-person, drop-in group, is for Veteran's struggling with mental health symptoms. Often Veterans need to talk to other Veterans struggling with ongoing problems in all areas of life



27. Race-Based Stress/Trauma & Empowerment Group (RBSTE)

Tuesdays 3:00 – 4:30 PM, 10-session series, start dates vary

To enroll: ask your mental health provider to add Dr. Liz Welsh or Burgess Brown, Peer Support Supervisor to their note

VA Video Connect

Veterans who identify as BIPOC (Black, Indigenous, and People of Color) and who are interested in addressing issues of race-based stress, trauma, resilience, and empowerment.

28. Mental Health Pathways Recovery Center

Monday-Friday 09:00 AM - 3:00 PM
Bldg. 128, Room L209

To enroll: Ask your provider for a consult

Call 562-826-8000 ext. 1-5602 for more information

Specialty Program for Veterans with Serious Mental Illness. Individual counseling and 21 groups are offered weekly. Most Veterans attend 3-5 days per week, but time spent varies.



App that helps share your treatment preferences during a mental health crisis <https://smiadviser.org/getapp>

29. Life Paths

Tuesdays 1:00 – 2:30 PM, new 4-session series offered each month

To enroll: ask your provider for a referral or contact Dr. Barbir at 562-826-5444

VA Video Connect

For Veterans enrolled in Primary Care Mental Health Integration **only**. It will teach skills to 1) Be more open to your experience 2) Let go of the struggle that brings more emotional and physical pain 3) Build awareness of what is occurring in the present moment 4) Engage in what really matters and is meaningful in our lives



30. PTSD Program for Combat Trauma

Dates and times Vary

To enroll: Veterans may ask for a referral by their provider to the Combat PTSD Team.

Each program offers many different groups, including some that are late afternoon, on topics that help Veterans address combat related trauma reactions.

31. Women's Combat Support Group

Mondays 4:30 PM – 6:00 PM

To enroll: Ask your provider to add Dr. Jessica Naughton as cosigner.

VA Video Connect

A group for women Veterans with combat-related stressors that
1) Provides a forum to give and receive support
2) Helps Veterans proactively cope with combat stress, daily life stress, and transition back to the civilian world.

32. Combat Medics Group

Tuesdays 11:00 - 12:00 PM

To enroll: Contact Dr. Larry Albers at ext. 1-2150

VA Video Connect

A support group for all military medical personnel.

33. PTSD Mindfulness-Based Stress Reduction Group

Fridays 1:00 – 3:50 PM, 10 weeks long, 1 all day session near the end of group

To enroll: ask your Mental Health Provider in Combat PTSD to place a BHIP Psychotherapy Consult for "PTSD MBSR group with Dr. Fayazmanesh

VA Video Connect

For patients currently in treatment in the Combat PTSD Program in Mental Health **only**. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.

Posttraumatic Stress Resources (cont.)

34. Cognitive Processing Therapy Trauma Group

Tuesdays 8:30 AM – 10:00 AM

To enroll: Ask provider to add Dr. Juliet Hung as cosigner. (For providers: do **not** place a “San Psychology” consult.)

Cisco Webex Video platform

For Veterans currently enrolled at the Santa Ana CBOC **only**. Veteran will need to be screened first by the group provider.



[PTSD Coach](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp



[AIMS for Anger Management](https://www.ptsd.va.gov/appvid/mobile/aims_app.asp)

https://www.ptsd.va.gov/appvid/mobile/aims_app.asp



[PTSD Family Coach](https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp)

https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp



[Beyond MST](https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp)

<https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp>

Women's Mental Health Clinic



**Be Involved In
Your Health Care**

35. The Women's Mental Health Clinic (WMHC) offers gender-specific, sensitive care. Individual and group services available.

Veterans can be connected to WMHC by the Urgent Mental Health Center or with a consult from their provider or prescriber.

Groups Include:

- Healthy Relationships
- Happiness & HOPE
- Mind Freedom
- Managing Emotions
- Skills Training in Affective & Interpersonal Regulation (STAIR)
- Trauma Skills
- Race & Resilience



Inner City Law Center is legal partners with the **Women's Mental Health Clinic** and can provide additional services: <https://innercitylaw.org/>



36. Substance Abuse Cognitive Behavior Therapy-Overcoming Your Alcohol or Drug Problem

Fridays 10:30 – 11:30 AM

To enroll: Call Emma Martin, RN or
Ricardo Restrepo-Guzman, MD
(562) 826-8000 ext.1-4344 or
ext.1-4881

Learn strategies to manage
cravings and thoughts of using.
Develop ways to cope with stress
and reduce risk of relapse. Improve
communication and assertiveness.
Increase social support

37. Harm Reduction Group

Thursdays from 10:00 – 11:00 am

To enroll: Call Randy Young
(562) 826-8000 ext.1-4338

VA Video Connect

For Veterans who want to learn
skills to reduce or quit drinking or
other substance use

38. Alcoholics Anonymous

Tuesdays, 7:30pm

To enroll: Call Substance Use
Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

For Veterans and community
members. No referral or
appointment needed.

39. Narcotics Anonymous

Thursdays, 7:30pm

To enroll: Call Substance Use
Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

For Veterans and community
members. No referral or
appointment needed.

40. Attitude Adjustment and Patients in Recovery

To enroll: Call Substance Use Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

Substance Use (continued)



Limit Alcohol



Be Safe

41. Buprenorphine Group

Tuesdays, 2:00 - 3:00 PM and
Thursdays, 5:00 - 6:00 PM

All patients on Suboxone
maintenance.

To enroll: call Theodore
Jones/Emma Martin RN ext. 1-4881

Free Self-Help Resources for Substance Use



[VetChange](#)

A mobile app that can help users with posttraumatic stress disorder (PTSD) build skills to reduce problem drinking.

https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp

Veterans Health Library:

<https://www.veteranshealthlibrary.va.gov>

National Institute on Alcohol Abuse and Alcoholism (NIAAA):

<https://www.niaaa.nih.gov/alcohol-health>

VHA National Center for PTSD

https://www.ptsd.va.gov/understand/related/problem_alcohol_use.asp



42. Cognitive Education Class for Aging Veterans

Select Mondays, 1:00-3:00 PM
A four-part series for aging Veterans.

To enroll: Contact Dr. Lauren Dill at
(562) 826-8000 ext.1-4716

Cisco Webex Video platform

Learn ways to improve memory, concentration, and organizational abilities. Learn how to keep your brain healthy as you age and reduce risk factors for cognitive impairment.

43. GEM Dementia Education Group

4th Thursday of the month
10:30 – 12:30 PM, four-part series

To enroll: Contact Dr. Lauren Dill at
(562) 826-8000 ext.1-4716

Cisco Webex Video platform

For caregivers/family members of loved ones with a diagnosis of dementia. Learn about the disease, behavioral changes, reduce caregiver burden and gain resources. Led by a geriatrician, social worker, psychologist, pharmacist, and nurse.

44. Dementia Support Group

Bi-monthly on Tuesdays from
11:00 AM – 12:00 PM

To enroll: Contact Dr. Lauren Dill at
(562) 826-8000 ext.1-4716

Cisco Webex Video platform

Being a dementia caregiver is a difficult and stressful job. Reduce that burnout by spending time with other caregivers, sharing your concerns, and receiving encouragement, comfort, and helpful suggestions.



44. Stroke Support Group

Wednesdays from 10:00-11:00 AM

To enroll: Ask your provider for a referral to Speech Pathology. For more information call 562-826-8000 ext. 1-3280

VA Video Connect

Weekly support group for Veterans recovering from stroke.

45. Lee Silverman Voice Treatment Maintenance Group

Held monthly, time/dates vary.

Ask your provider for a referral to Speech Pathology. For more info: Call (562) 826-5415

VA Video Connect

A monthly maintenance group for those who have completed the LSVT LOUD Program.

Peer Support Resources

46. Group Coffee Talk

Tuesdays 09:00 – 10:30 AM
90 minutes

To enroll: contact Marilse Palma
Marilse.Palma@va.gov
562-335-8983

VA Video Connect

A self- motivation group to cultivate a positive mindset, build optimism and resilience in a supportive atmosphere.

47. Veterans Social Group

Fridays 10:00 – 11:30 AM

To enroll: contact Burgess Brown at 562-713-5829

VA Video Connect

For Veterans that would like to connect and socialize with other Veterans



48. Veterans Digital Photography Program

Wednesdays and Fridays 3:00 PM

To enroll: contact Linda Hicks,
hickslin@yahoo.com

Virtual

For all Long Beach Veterans interested in Photography. Presentations and workshops "Seeing the World Creatively".

49. Long Beach Veterans' Story Corps Workshop

Dates/times vary

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210 **or** ask your provider to place a consult for "Story Corps-VCAW"

Virtual - Group and Individual
Requires a computer with WiFi

90 minutes. Share stories (writing, photography, video, etc.) with fellow Veterans and create a story about a "challenge" from your life that may help others.

50. Operation Art

Mondays 9:00 AM -12:00 PM

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210 **or** ask your provider to place a consult for "Operation Art-Virtual"

Virtual and/or socially distanced

For all Long Beach Veterans interested in exploring their creative side through the arts, utilizing different mediums, and finding connections through creating together.

51. Relmaging as Service: The Peer Specialist as Listener and Teller of Stories

Dates/times vary

To enroll: contact Burgess Brown at 562-477-7797

Virtual platform to be determined

From interviews conducted by peer Veterans and recorded on smartphones, the Veteran re-constructs their story from the perspective of serving fellow Veterans along their individual paths.





52. Caregiver-Family Support Group

Tuesdays 11:00 – 12:00 PM (except federal holidays)

To enroll: ask your provider to place a consult under Mental Health → Family Caregiver to Mental Health

VA Video Connect

An ongoing support group that helps family members of Veterans learn about mental health issues, identify ways to support loved ones, and practice self-care. All family members and significant others over 18 welcome to attend.

53. REACH VA Individual Coaching Program for Caregivers of Veteran Loved ones with ALS, Dementia, MS, PTSD, SCID for All Eras

Dates & times of appointments vary

For more information or to enroll: Contact Kristy Kleiman
562-583-5558

Resources for Enhancing All Caregivers Health is a structured approach to address Caregiver challenges. Reach out if you are interested in *individual coaching* to learn valuable skills such as problem solving, stress management, positive thinking, and find time to care for you as well.

54. REACH VA Telephone Support Group Program for All Eras

Dates & times of appointments vary

For more information or to enroll: Contact Kristy Kleiman
562-583-5558

The REACH VA Telephone Support Group Program teaches valuable skills in a group format, focusing on education, support and skill building throughout 6 bi-monthly sessions including:

- 1) Taking Care of Yourself**
- 2) Problem Solving**
- 3) Mood Management**
- 4) Asking for Help**
- 5) Stress Management.**

Intimate Partner Violence (IPV) Assistance Program



55. Strength at Home

Dates/times vary, 12-weeks

To enroll: contact Danielle Daniels
562-632-2620

VA Video Connect

Designed to help male Veterans and service members of any conflict era improve their anger management skills and prevent arguments and conflict in intimate relationships.

56. Crisis Drop-In Group for Individuals who Experience IPV

Women: Tuesdays 1:00 – 3:00 PM

Men: Thursdays 1:00 – 3:00 PM

To enroll: contact Danielle Daniels
562-632-2620

VA Video Connect

Our mission is to implement a comprehensive person centered, recovery-oriented assistance program for Veterans, their families and Caregivers and VHA employees who use or experience intimate partner violence.

For more information about IPV:

- ✓ Visit <https://www.longbeach.va.gov/services/ipvap.asp>
- ✓ Call IPVAP Coordinator: Danielle Daniels, MPA, LCSW, (562) 632-2620

National and Local IPV Resources

- **National Domestic Violence Hotline** 1-800-799-SAFE (7233)
24/7 confidential support, local referrals, safety planning, housing options, & legal resources.
- **National Sexual Assault Hotline** 1-800-656-HOPE (4673)
- **National Center for PTSD** 802-296-6300 <https://www.ptsd.va.gov/>
- **VA Mental Health** 800-273-8255 <https://www.mentalhealth.va.gov/>
- **Women's Health** 855-VA-WOMEN <https://www.womenshealth.va.gov/>
- **LA County Domestic Violence Hotline** 1-800-978-3600
- **LA County Human Services Hotline** Dial "211" (24/7, bilingual)
- **Women's Shelter of Long Beach** Hotline: 1-562-437-HOME (4663)

Additional Resources

Veterans Benefits

57. VA Disability Compensation and Pension Benefits Seminar

<https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=mf51856d829538ccff0f860541bc90a3c>

Meeting number (access code):
2762 041 8530
Meeting password: RQa4hpc8a*2

Join on the **4th Monday of the month** via WebEx to learn more about VA Disability Compensation and Pension Benefits. Anyone is welcome to join. Join in via phone or video.

College Support Resources

58. College Connection Study Skills Workshop

To enroll: Ask your provider for a referral to Speech Pathology for College Connection.

Call (562) 826-8000 ext. 1-5415 for more information

A series of classes that teach the study skills needed to succeed in college: reading, note-taking, time management, essay writing, studying, and test taking

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.

Veterans Voice Council



To become a member:
email darrholgsr@aol.com
or

Call Volunteer Services at
(562) 826-8000 ext. 1-5715

A voice for all Veterans. Become a member. We partner with PVA, Community Living Center, P.I.E.R., Suicide Prevention and VA Patient Care.

Additional Resources

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.



US VET CONNECT Veterans Outdoors Resource Hub:

Over 190 Unique Veterans Organizations Providing Hundreds of Outdoor Adventures.

www.usvetconnect.com



Strong Families, Strong Children supports Orange County veteran and military children and families.

<https://ocstrongfamilies.org/>



The Orange County Veterans & Military Families

Collaborative connects Veterans, active duty, reserves, and military family members to quality resources within Orange County.

<https://www.ocvmfc.info/>



Legal Aid Foundation of Los Angeles seeks to achieve equal justice for people living in poverty across Greater LA through direct representation, systems change, and community education.

<https://lafla.org/>



Inner City Law Center fights for housing and justice for low-income tenants, working-poor families, immigrants, people who are disabled or living with HIV/AIDS, and homeless Veterans.

Legal partners with the **Women's Mental Health Clinic**

<https://innercitylaw.org/>



Stateside Legal provides resources to understand and protect rights for people with military experience. www.statesidelegal.org

Coping with Stress During the COVID-19 Outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family by email, phone, and text.

Maintain a healthy lifestyle - including proper diet, sleep, and exercise.



Do **not** use smoking, alcohol or other drugs to numb your emotions. If you feel overwhelmed, contact your VA providers.

Have a plan for how to seek help:



Call your Provider(s)

Veterans
Crisis Line



Emergency
Room

Urgent Mental
Health Center
Bldg. 2, Rm. N159
Mon – Fri
7:00 AM - 5:00 PM

Get the facts so you can be safe without overthinking it:
[CDC](#), [VA's FAQ's](#), and/or [California Dept. of Public Health](#).



Listen, read, and watch the media in small doses to give your body and mind a break.

Draw on the coping skills you have used in the past to help you manage your emotions during the challenging time.



I GOT
MY COVID-19
VACCINE!



Not Sure About Getting the COVID-19 Vaccine Right Away?

All enrolled Veterans are eligible to receive a COVID-19 vaccine!

At VA Long Beach, we are vaccinating with confidence.

- ✓ **All approved COVID-19 vaccines are safe and effective.**
- ✓ Over **63 million doses** of COVID-19 vaccine were given from December 2020 to February 2021 under the **most intense safety monitoring in US history.**
- ✓ **Mild side effects** like arm soreness, chills, or tiredness **are normal** and go away in a few days. They are a sign that your body is building protection against COVID-19.

Not ready to get vaccinated yet?

We understand. Our door is always open!

When you are ready, call the COVID-19 Scheduling Hotline at **562-826-5300**, Monday-Friday 7:30 AM – 7:00 PM.

Have questions or concerns about the COVID-19 vaccine?

Ask your healthcare provider about any questions or concerns that you may have about the vaccine.

Want to do your own research?

Check out www.cdc.gov and www.va.gov/health-care/covid-19-vaccine/ for more information about vaccine benefits and what to expect.

Need to move your vaccine appointment?

To cancel or reschedule your COVID-19 vaccine appointment, please call **562-826-5300**.



Get Recommended Screening Tests and Immunizations

Important Phone Numbers



<https://www.veteranscrisisline.net/>



<https://www.va.gov/homeless/>

877-252-4866 Nurse Advice Hotline (Available **24/7**)

562-826-8000 or Tibor Rubin VA Medical Center
888-769-8687 Press **0** for operator
Ext. 1-2304 Urgent Mental Health Center
Location: Bldg. 2, Room N159
Walk-in 07:00-17:00 Monday- Friday
Ext. 1-5151 Primary Care (appointments)
Ext. 1-5503 Pharmacy (Drive-Thru Open!)

714-434-4600 Santa Ana Community Based Outpatient
Clinic (CBOC)

714-763-5300 Anaheim CBOC

562-347-2200 Santa Fe Springs CBOC

949-587-3700 Laguna Hills CBOC

562-826-8414 Villages at Cabrillo CBOC

310-851-4705 Gardena CBOC

1-800-MyVA411 (800-698-2411) is the one number to reach VA

1-800-827-1000 Benefits Questions, such as GI Bill, Claim Status
or Disability Benefits



Visit <https://www.ebenefits.va.gov/>
